

### AMENDMENTS TO THE CLAIMS

This listing of claims replaces all prior versions, and listings, of claims in the application:

#### Listing of Claims:

1-9. (Cancelled).

10. (Currently Amended) A central control unit for controlling ~~two or more a~~  
plurality of exercise devices through wireless control signals initiated by the central control unit  
and delivered to each of the one or more plurality of exercise devices, the central control unit  
comprising:

a receptacle that supports at least one storage medium containing an exercise  
program to be delivered to ~~each of the two or more the~~ plurality of exercise devices, said  
exercise program comprising (i) motivational content and (ii) control signals  
synchronized with said motivational content; and

a wireless transmitter communicably connected with said at least one storage  
medium and receiving said exercise program, said transmitter delivering said exercise  
program to ~~each of the two or more the~~ plurality of exercise devices.

11. (Currently Amended) The central control unit as recited in claim 10, wherein said  
control signals are delivered to the ~~two or more plurality of~~ exercise devices using at least one  
of an infrared signal and a radio signal.

12. (Original) The central control unit as recited in claim 10, wherein said receptacle further comprises a base, a stand extending from said base, and a control panel mounted to said stand.

13. (Original) The central control unit as recited in claim 10, wherein said receptacle further comprises an input receptacle that receives said at least one storage medium.

14. (Original) The central control unit as recited in claim 13, wherein said at least one storage medium comprises one or more of a magnetic storage medium, an optical storage medium, and a flash memory medium.

15. (Original) The central control unit as recited in claim 13, wherein said at least one storage medium stores one or more MP3 audio files.

16. (Previously Presented) The central control unit as recited in claim 10, further comprising at least one input port, said input port receiving said exercise program from a broadcast transmission device.

17. (Previously Presented) The central control unit as recited in claim 10, further comprising at least one input port, said at least one input port receiving said exercise program from a computerized output device.

18. (Original) The central control unit as recited in claim 10, wherein said receptacle further comprises at least one of a USB port, a Firewire port, an Ethernet port, a serial port, or a SCSI port.

19. (Currently Amended) A central control unit for controlling ~~two or more a~~ plurality of exercise devices through wireless control signals initiated at the central control unit and delivered to each of the one or more said plurality of exercise devices, the central control unit comprising:

a support structure that rests upon a support surface;

a control panel mounted to said support structure, said control panel comprising:

an input receptacle that receives at least one storage medium containing ~~an~~ a plurality of exercise programs to be delivered to ~~each of the one or more said~~ plurality of exercise devices, each of said plurality of exercise programs comprising (i) motivational content and (ii) control signals synchronized with said motivational content; and

a wireless transmitter communicably connected with said input receptacle and receiving said exercise programs from said at least one storage medium, said transmitter delivering said exercise programs to ~~each of the one or more said~~ plurality of exercise devices using a wireless carrier signal, wherein said control panel is adapted to enable an exerciser to select one of said plurality of exercise programs at said control panel and activate said control panel such that said wireless transmitter delivers said one of said plurality of exercise programs to said plurality of exercise devices without prior communication from said plurality of exercise devices, and wherein said central control unit is adapted to control said plurality of exercise devices in succession without further input from the exerciser.

20. (Original) The central control unit as recited in claim 19, wherein said support structure comprises a base and a stand extending from said stand.

21. (Original) The central control unit as recited in claim 19, wherein said at least one input receptacle comprises at least one of a compact disc player, a videodisc player, a magnetic tape player, a flash memory player, an MP3 player.

22. (Original) The central control unit as recited in claim 19, wherein said control panel further comprises at least one input device and at least one output device.

23. (Original) The central control unit as recited in claim 22, wherein said at least one input device comprises at least one control that changes at least one operating parameter of the central control unit.

24. (Previously Presented) The central control unit as recited in claim 22, wherein said at least one output device comprises at least one visual display that depicts a visual representation of said exercise program.

25. (Currently Amended) The central control unit as recited in claim 22, wherein said at least one output device comprises at least one audio device that broadcasts an audio portion of said plurality of said exercise programs.

26. (Original) The central control unit as recited in claim 19, wherein said wireless carrier signal is a signal selected from the group consisting of an infrared signal or a radio signal.

27. (Canceled)

28. (Currently Amended) The central control unit as recited in claim ~~28~~19, wherein said control panel further includes one or more controls that can be manipulated to select at least one exercise program from said plurality of exercise programs.

29. (Previously Presented) The central control unit as recited in claim 19, further comprising at least one receiver, said at least one receiver receiving said exercise program.

30. (Previously Presented) The central control unit as recited in claim 29, wherein said at least one receiver uses at least one of a USB, Firewire, Ethernet, serial, and SCSI communication protocol to receive said exercise program.

31. (Original) The central control unit as recited in claim 29, wherein said at least one receiver receives broadcast signals from a broadcast transmission device.

32. (Currently Amended) The central control unit as recited in claim 19, wherein ~~each of the two or more~~ said plurality of exercise devices is of a first type of exercise device,

said first type of exercise device being selected from the group of aerobic exercise devices or anaerobic exercise devices.

33. (Currently Amended) The central control unit as recited in claim 19, wherein each of ~~the two or more~~ said plurality of exercise devices is either a first type of exercise device or a second type of exercise device, said first type of exercise device and said second type of exercise device being selected from the group of aerobic exercise devices or anaerobic exercise devices.

34. (Previously Presented) The central control unit as recited in claim 19, wherein each of ~~the two or more~~ said plurality of exercise devices is either a first type of exercise device or a second type of exercise device, said first type of exercise device and said second type of exercise device being selected from the group of a treadmill, an elliptical, a weight stack, or a bike.

35-57. (Canceled).

58. (Currently Amended) A central managing unit for managing the operation of ~~one or more~~ a plurality of exercise devices through exercise programming that is selected and activated at the central managing unit by an exerciser and delivered to the plurality of exercise devices, the central managing unit comprising:

a receptacle providing a user interface for the central managing unit; and

a transmitter supported by the receptacle, the transmitter delivering exercise programming to the ~~one or more~~ plurality of exercise devices, the exercise programming comprising control signals synchronized with motivational content for controlling an operation of the plurality of exercise devices and simultaneously providing encouragement and/or instruction to the exerciser, wherein the central managing unit is adapted to:

control an operation of a first exercise device of the plurality of exercise devices upon selection and activation by the exerciser of exercise programming at the central managing unit and, upon completion of the operation of the first exercise device, control an operation of a second exercise device of the plurality of exercise devices without any additional input from the exerciser at the central managing unit or the plurality of exercise devices.

59. (Previously Presented) The central managing unit of claim 58, wherein the receptacle further comprises at least one storage medium, the at least one storage medium storing the exercise programming.



60. (Previously Presented) The central managing unit of claim 58, wherein the receptacle further comprises an input receptacle that receives at least one storage medium.

61. (Currently Amended) A central unit configured to initiate and transmit motivational content to ~~one or more~~ a plurality of exercise devices, the central unit comprising:  
a receptacle providing a user interface for the central unit; and  
a transmitter supported by the receptacle, the transmitter delivering exercise programming to the ~~one or more~~ a plurality of exercise devices, wherein the exercise programming includes motivational content and the delivery of the exercise programming is the initial communication between the central unit and the plurality of exercise devices.

62. (Previously Presented) The central unit of claim 61, wherein the exercise programming includes instructional content.

63. (Currently Amended) The central unit of claim 61, wherein the exercise programming includes control signals for controlling ~~one or more~~ the plurality of the exercise devices.

64. (Currently Amended) An exercise system comprising:

a central unit for communicating with ~~one or more~~ a plurality of exercise devices,  
the central unit comprising:

a receptacle providing a user interface for the central unit; and

a transmitter supported by the receptacle, the transmitter delivering  
exercise programming initiated by the central unit to the ~~one or more~~ plurality of  
exercise devices; and

~~one or more~~ a plurality of exercise devices, each exercise device having an input  
device for receiving the exercise programming.

65. (Previously Presented) The exercise system of claim 64, wherein the central  
exercise unit further comprises at least one input port, the input port receiving the exercise  
programming from a broadcast transmission device.

66. (Currently Amended) The exercise system of claim 64, wherein the transmitter is  
a transceiver for:

delivering exercise programming; and

receiving feedback signals regarding the performance of exercise at the respective  
~~one or more~~ plurality of exercise devices.

67. (Currently Amended) A central communications unit for communicating with ~~one or more~~ a plurality of exercise devices, the central communications unit comprising:

a receptacle providing a user interface for the central communications unit; and

a transmitter supported by the receptacle, the transmitter delivering exercise programming initiated by the central communications unit to the one or more plurality of exercise devices.

68. (Currently Amended) The central communications unit of claim 67, wherein the exercise programming is delivered to the ~~one or more~~ plurality of exercise devices using hardwire connections between the central communications unit and the ~~one or more~~ plurality of exercise devices.

69. (Previously Presented) The central communications unit of claim 67 further comprising at least one input port, the input port receiving the exercise programming from an Internet address.